

Pressing forward

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Last year was a busy year. WORKUPS, RIMPAC, WESTPAC, WOW! Oh my!

As you and I proceed to move through this year let us vigorously press forward. Now that we are quickly approaching the homefront, take some time to reflect on inner personal growth and development.

Pressing forward calls for a continuum of change and an evolution in what you think and in the words you use. Nobody can force you to think anything; the truth is that you choose your thoughts.

The mind is a powerful and sometimes complex tool. It is the place where decisions are made, good or bad. We all make mistakes, we all have re-

grets, but we must learn how to move beyond them.

Time is a precious commodity and you cannot allow yourself to be an inmate in the prison of bad choices and weak decisions.

Begin to transform those thinking patterns that produce negative feelings. Turn your thoughts into positive affirmations.

"I am worthwhile, I deserve good, I love myself, I allow myself to be fulfilled." Remember you are what you think you are. The words and phrases you say are extensions of your thoughts.

Start listening closely to the words you speak. Are your words positive, destructive, constructive, consoling, negative, edifying, or loving? Words are a powerful force; they can either break or make

you.

Watch what you speak because it might just come back to you. Only you can change your words. Leave all those negative words you spoke in 2000 behind you.

You do not know what this year will bring and some do not know what awaits them upon their return home. Because of these uncertainties, it would be wise to discover the power within to change your thoughts and words. Doing this will empower you to adapt to whatever situation you find yourself in.

Only through reflection will you uncover your ability to positively press forward. This year, strive to do a better job of taking care of your inner personal growth and development consisting of body,



mind, spirit, and soul. Execute this by being intentional about guarding your thoughts and your words.

Then and only then can you truly take care of those whom you love. Think better. Speak better. And you will live better.

This week in the Chapel



Thu, 01 Feb

- 0600 Personal Devotions/Prayer (Chapel)
- 1130 Roman Catholic Mass (Chapel)
- 1800 Catholic Class (Chapel)
- 1900 Praise Night (Foc'sle)
- 2000 Aft Mess Deck Bible Study (Aft Mess Decks)

Fri, 02 Feb

- 0600 Personal Devotions/Prayer (Chapel)
- 1000 Anger Management (Chapel)
- 1130 Roman Catholic Mass (Chapel)
- 1830 Jewish Sabbath Service (Chapel)
- 2000 Upper Room Fellowship Bible Study
- 2100 Catholic Choir Practice (Chapel)

Sat, 03 Feb

- 0600 Personal Devotions/Prayer (Chapel)
- 1000 Stress Management (Chapel)
- 1600 Catholic Confessions
- 1700 Roman Catholic Mass (Chapel)
- 1830 Seventh Day Adventist (Chapel)
- 1830 Protestant Worship Team (Foc'sle)
- 1930 Wicca Discussion Group (Chapel)
- 2000 Choir Practice (Foc'sle)
- 2000 Aft Mess Deck Bible Study

Sun, 04 Feb

- 0600 Personal Devotions/Prayers
- 0730 Roman Catholic Mass (Foc'sle)
- 0800 Protestant Communion Service
- 0830 Protestant Communion Service
- 0930 Church of Christ International
- 1030 Upper Room Fellowship (Foc'sle)
- 1100 Latter Day Saints Service (Chapel)
- 1400 Iglesia Ni Cristo (Chapel)
- 1700 Roman Catholic Mass (Foc'sle)
- 1830 Protestant Communion Service